Extract from Fife Policing History Vol 1 by Insp. (retired) William Brown. Copyright Fife Constabulary.

The area came under the authority of the owners of Lochore Castle. Sir Constantine de Lochore we Sheriff of Fife in 1291. The estate passed to the Vallance family, and eventually the Wardlaws of Torrie who held the lands from the 15th century. Very little remains today of the castle. It originally stood on an island on Loch Ore. Attempts were made to drain the loch in the early 19th century, but gradually the water again gathered, although the castle remained untouched by the re encroachment of the water. This castle (it was said the walls were 9' thick) would have it's dungeons for the punishment of wrongdoers, but no sign of these remains today as the ruins stand, overlooking Lochore Meadows, that reclaimed expanse of green meadows and loch where once were pit bings, machinery, and all the black squalor associated with coal mining. The only evidence of mineworks which has been kept insitu as memorial to this industry is the pulley wheels and tower of the 'Big Mary' Pit, which was the site of the murder of a women several years ago.

At first there was no regular Police Constable in this District, and passing coverage would possibly be given by a Parish Constable and later by a Vagrancy Policeman from Crossgates – probably George Morgan, who was based in that village in 1834.

In 1885, a petition was received from Mr. Briggs Constable, of Benarty and others, requesting that an officer be stationed in Lochore. A year later, another petition was sent from Mr. G.K. Constable of Glencraig, along with residents of Ballingry District, again requesting a resident constable, but these were refused at the time. These requests were probably made by the influx of the mining industry into this district. By 1891, a single man, Ewan McLean was in lodgings in Ballingry House. This was rather inconvenient, as Ballingry House lay on the northern extremity of the Beat. Mr. Liddell of Navitie complained of malicious mischief and other crimes being committed in the area, and so other accommodation nearer to the centre of the Beat was sought. A house was rented about 100 yards to the north of Glencraig in 1902.

Two years later, with a large and growing population to consider, which would be further increased with the opening of the 'Mary Pit', the Police Committee looked for a suitable site for a lock-up. In 1905, a house with two cells attached was built at 33, Main Street, Crosshill costing £520. Another two cells were added in 1908 (four cells being the maximum suitable for a single station). Consideration was given to the building of new premises from 1947 onwards, but eventually two houses, and office and detention room were built in Kinross Road, Ballingry, and opened in 1955